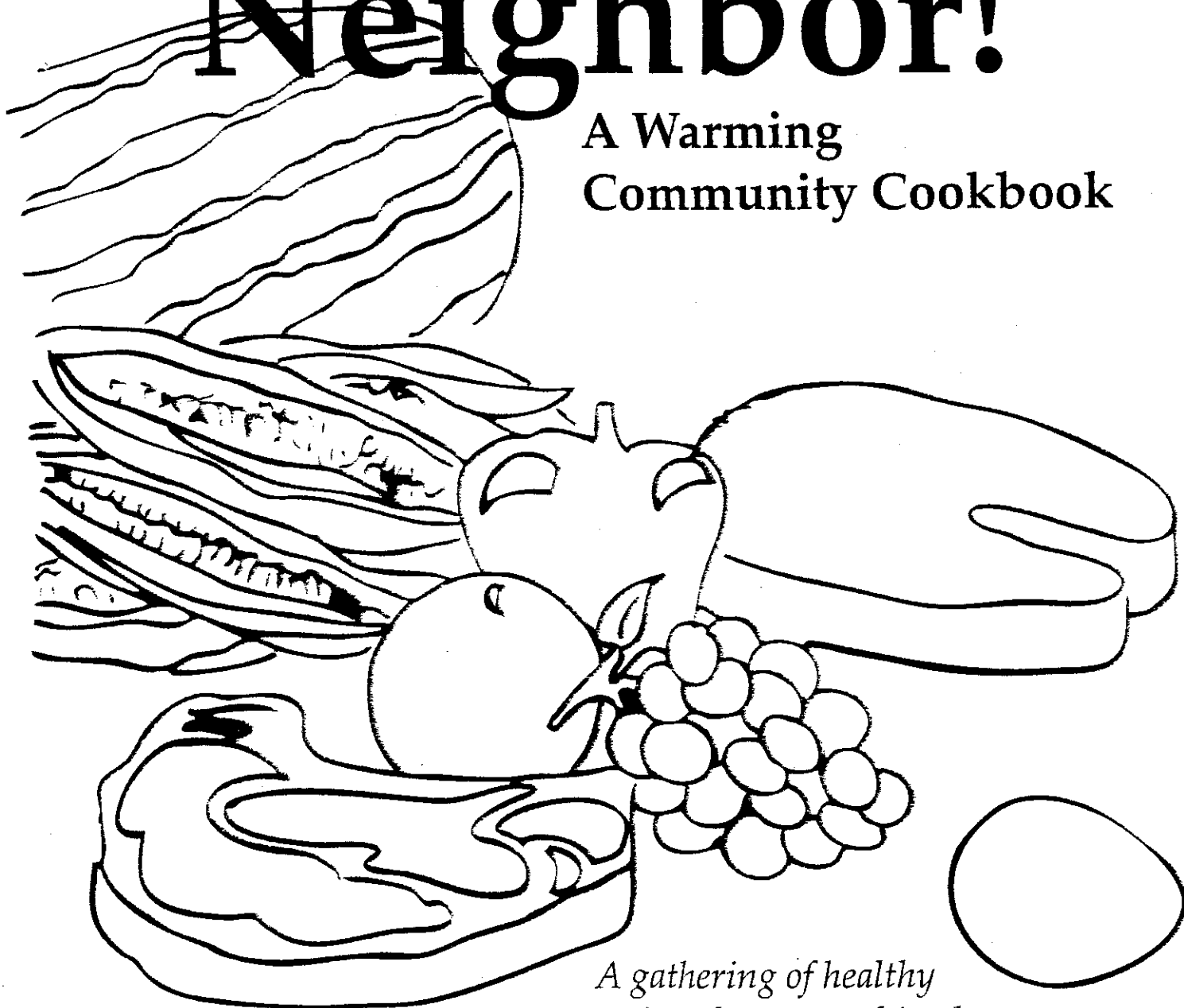


Hello Neighbor!

A Warming
Community Cookbook



*A gathering of healthy
recipes from your friends
and neighbors in the
Hispanic and African-
American Communities*

Hello Neighbor!

A gathering of healthy recipes from friends & neighbors in the
Hispanic and African-American communities

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A City of Buffalo
Neighborhood Diabetes Coalition (NDC) Initiative

LEWAC Associates of Western New York, Inc.
Program Manager and Coordinator

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Diabetes Control Program

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Many of our recipes were donated by families in the African American and Hispanic communities of Buffalo, New York, and several recipes were originally printed in *BRAG's Soul Food Cookbook*, a community cookbook project by the Buffalo Rights Action Group and Church Women United of Buffalo Council of Churches in 1972. We are grateful for their permission to modify and update these wonderful recipes and include them in *Hello Neighbor*.

Red Beans and Rice, Baked Pork Chops, Hot 'N Spicy Seasoning and Sweet Potato Custard were adapted from *Down Home Healthy*, Leah Chase and Johnny Rivers, National Cancer Institute, US Department of Health and Human Services Public Health Service, National Institutes of Health.

"Recipe Makeover" was adapted from information courtesy of the American Cancer Society and *Diabetes In The News*.

"Cooking Terms" was adapted with permission from *Diabetes In The News*.

Breakfast Sausage recipe was adapted from a recipe from the Niagara County Healthy Heart Program.

Oven Fried Okra and Chicken/Shrimp Creole adapted with permission from *Southern But Lite*, Jen Bays Avis and Cathy F. Ward, Avis and Ward Nutrition Associates.

There is no such thing as a book of entirely new and original recipes and no originality is claimed for the recipes in this book.

**THE CITY OF BUFFALO NEIGHBORHOOD DIABETES COALITION
COMMUNITY COOKBOOK
INTRODUCTION AND ACKNOWLEDGMENTS**

The City of Buffalo Neighborhood Diabetes Coalition (NDC) is a consortium of health providers, community leaders, and neighborhood volunteers that formed to develop interventions aimed at reducing and/or delaying the incidence of serious complication for African-Americans and Hispanics with diabetes and their caregivers. The NDC focuses on the needs of residents living and/or working in the Fruit Belt, Masten, University, Ellicott, and Niagara neighborhoods of Buffalo.

The NDC was formed in response to an initiative partially funded by the New York State Department of Health's Diabetes Control Program. In addition, local support is provided by the Buffalo General Hospital; University of Buffalo School of Medicine, Department of Family Medicine; University of Buffalo School of Nursing; Geneva B. Scruggs Community Health Center; Erie County Department of Health; Columbus Community Health Center; and the American Diabetes Association. The Project Coordinator is LEWAC Associates of WNY, Inc.

The City of Buffalo Neighborhood Diabetes Coalition wishes to express our sincere appreciation to the many volunteers and neighborhood-based organizations who supported the goals of the NDC as well as provided support for this Community Cookbook. Special thanks to all those who donated recipes, helped with the compiling and "taste-testing," or in any way contributed to the publication of this cookbook. Special thanks to Rona D'Aniello, RD who lead the development of this cookbook. The volunteers, including several registered dietitians, took great care in providing favorite African-American and Hispanic family recipes, and converting these into "healthier" alternatives. All recipes were prepared and "taste-tested," to ensure they were flavorful and would be pleasing for all family members' enjoyment. It is our belief that the Community Cookbook is a labor of love that is truly special and unique. We hope that you will use the recipes when preparing your family meals.

Acknowledgements

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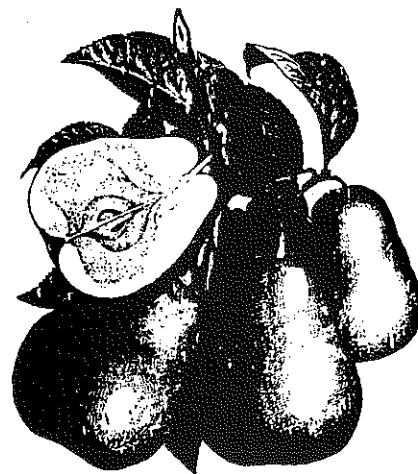
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We thank the many taste testers and food preparers across our communities who volunteered to prepare and taste our recipes and offered their comments. Their opinions guided us through the process of recipe changes and selections.

Taste Test Sites

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24 Urban Street
Buffalo, New York 14211

Buffalo Columbus Hospital (Niagara)
300 Niagara Street
Buffalo, New York 14201

First Shiloh Baptist Church (Ellicott)
15 Pine Street
Buffalo, New York 14204

1490 Senior Citizens Program (Masten)
1490 Jefferson Street
Buffalo, New York 14208

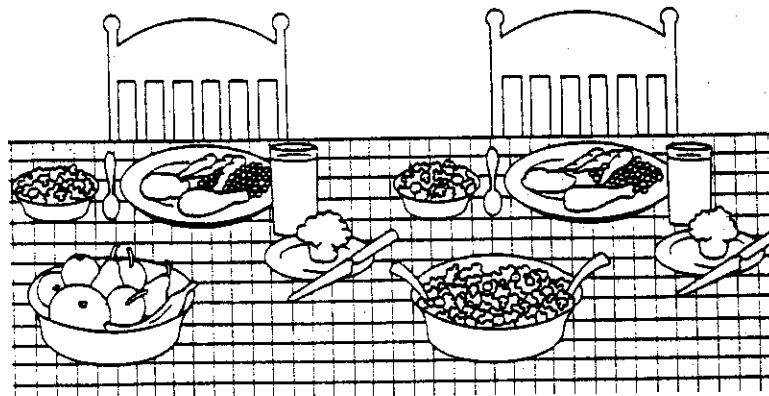
Grace Tabernacle C.O.G.I.C. (Ellicott)
539 William Street
Buffalo, New York 14206

Geneva B. Scruggs Community Health Care Center, Inc.
567 Kensington Avenue 14214 (University)
41 Tower Street 14215 (Masten)
1461 Main Street 14209 (Masten)
608 William Street 14209 (Ellicott)

Hispanics United of Buffalo (Niagara)
254 Virginia Street
Buffalo, New York 14201

Niagara Skill Center (Niagara)
510 Niagara Street
Buffalo, New York 14201

Walls Memorial AME Zion Church (Masten)
455 Glenwood Avenue
Buffalo, New York 14208



Nutrition Myths

There are many popular beliefs about food that are simply not true. These false beliefs, or myths, are passed from friend to friend, and are sometimes even printed in books or magazines.

Don't be fooled by these popular nutrition myths!

Myth: Special foods must be purchased to stay on a diet for diabetes.

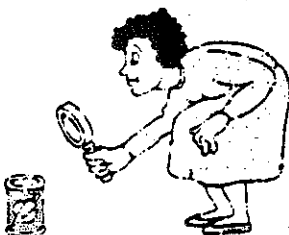
Truth: You do not need to purchase special foods if you have diabetes. These foods are often expensive and are not needed to follow a healthy diet. The best choices for you and your family are whole grains, beans, fresh or frozen fruits and vegetables, low-fat or nonfat milk or yogurt, lean meat, poultry, fish or low fat cheese, and fats, sweets or alcohol only in small amounts. A nutritionist or dietitian can help you plan your meals.

Myth: "Dietetic" or "diabetic" foods are sugar free and have no calories.

Truth: You cannot judge a food by the words "dietetic" or "diabetic." These foods are sometimes lower in calories, fat, salt, or sugar, but sometimes they are not, or may be just smaller versions of ordinary foods, like cookies. Read the label to find out what the ingredients are and how many calories or how much fat or sodium they contain.

Myth: Healthy eating costs more.

Truth: Healthy eating usually costs less! Convenience foods like frozen dinners and junk foods like chips and dips are very expensive and usually high in fat and sodium. Keeping those foods out of your grocery cart will really help you stretch your budget.



Myth: Grapefruit juice burns fat.

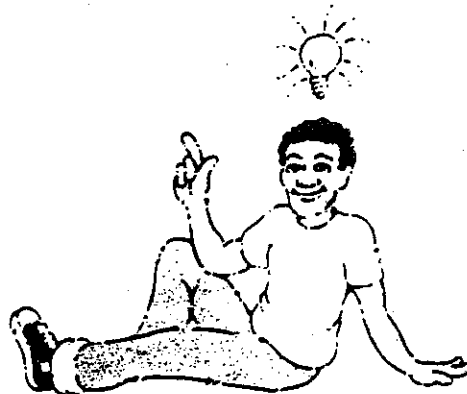
Truth: Grapefruit is used by your body in the same way as other fruits. One large grapefruit half or 4 ounces of grapefruit juice will provide 15 grams of carbohydrate, and 60 calories and is excellent source of vitamin C. But it will not burn fat. **Try exercise!!!**

Myth: Drinking vinegar can lower your blood sugar.

Truth: Vinegar may balance the taste of sugar in a recipe, **but it will do nothing** to lower your blood sugar (glucose) and may make you feel very sick. Proper diet, medication (if prescribed) and exercise are the only keys to keeping your blood sugar in the normal range. If your blood sugar is usually above normal, discuss this with your medical provider. You may need a change in your medication, diet or exercise routine.

Myth: Boiling hot dogs will take out the fat and salt.

Truth: No matter how you cook it, one average hot dog has about 3 teaspoons of fat (15 grams) and about 1/4 teaspoon of salt (575 milligrams of sodium)! For the best choice, stick with fresh, lean meats that have not been cured, salted or smoked.



Recipe Makeovers

Make Recipes Healthy: Step by Step



Most of your favorite recipes can be easily changed to lower the fat, salt and sugar, and increase fiber.

The following instructions will show you how to change your own favorite recipes so they are healthier for you and your family. All the recipes in this cookbook were improved in this way.

STEP #1: Lower The Amount Of Added Fat

Ask yourself: "Can I reduce or replace oil? Can I use low-fat milk instead of cream?" To reduce fat, try the following ideas:

Fats like oil, butter, or margarine can usually be cut by one-third to one-half in recipes. Try a small cut-back at first, then increasingly cut back little by little.

To replace some moisture and flavor loss when fat is reduced, make up the difference with broth, skim milk, fruit juice, and extra herbs, spices and vegetables.

For a moist baked product when fat is reduced, add dried fruits, applesauce or mashed banana.

Remember to use measuring spoons and cups to avoid pouring or guessing the amount of oil to use. One extra teaspoon of oil adds 45 calories and 5 grams of fat.

Use only small amounts of fatty foods like avocados, coconut, cheese and nuts.

STEP #2: Cut Back On Fatty Meats

Replace your usual meat with a leaner, lower-fat meat. For example, if a recipe calls for ground beef, use extra lean ground beef, ground round or ground turkey.

Make the portion size smaller. Remember: no more than 4 oz. cooked meat per serving.

STEP #3: Increase Fiber

Use whole grains like oats, brown rice or barley for all or part of the recipe.

When possible, leave skins on fruits or vegetables.

Add beans to soups and salads.

STEP #4: Lower The Amount Of Salt

Cut salt down by 1/2 or more in all recipes (except those calling for yeast) and substitute herbs and spices instead. Here are some natural spice partners:

Meat, Fish, Poultry: Allspice, basil, sage, bay leaf, chives, dry mustard, lemon, garlic, onion and dill.

Vegetables: Sesame seed, basil, oregano, allspice, ginger, tarragon, vinegar and lemon.

Fruit: Cinnamon, cloves, vanilla, ginger, mint and nutmeg.

Step # 5: Lower The Amount Of Sugar

Cut the amount of sugar called for by 1/2; reduce the amount of liquid by 1/4.

When fruit juice is called for, use apple juice and reduce the amount by 1/4.

Add a touch of vanilla flavoring or extract, or dash of cinnamon, to a recipe calling for fruit to increase the sweet taste of the fruit.

Heat up any low sugar dessert prior to serving, when possible, to increase the sweet taste without adding sugar.



Vegetable Beef Soup Makeover

You can see below how we changed the recipe for Vegetable Beef Soup to lower the fat and salt, and increase the fiber.

INGREDIENTS

	<i>Round roast, trimmed of fat and cubed, browned in a</i>
1 2 Pounds	Beef stewing meat, browned in vegetable oil <i>hot, ungreased pan.</i>
1 Clove	Garlic
1 Medium	Onion
3 Stalks	Celery
2 Tablespoons	Salt <i>1 teaspoon</i>
<i>1/4 Cup</i>	Parsley, fresh
4 2	Potatoes
1/2 teaspoon	Pepper
1 Can	Tomatoes
2 Quarts	Water
3 or 4	Carrots
<i>1/2 1/4 Cup</i>	Barley or Rice
2	Bay leaves
<i>1 teaspoon</i>	Basil

INSTRUCTIONS

- Drain fat from browned meat and place cubes in soup pot.*
1. Mash garlic and mix with salt and pepper. Add this to meat.
 2. Cover with water (about 8 cups) and add tomatoes and barley, basil and bay leaves.
 3. Chop onions, parsley, celery, carrots and potatoes. Add to rest.
 4. Cook about 2 hours. *Chill in refrigerator. Skim off and discard any fat from top of soup. Reheat and serve.*

We reduced the fat by eliminating the vegetable oil in the recipe. Use a non-stick pan or vegetable oil spray instead.

We cut back on fatty meats by replacing regular beef with lean round roast, and cut the amount called for in half. We added more vegetables instead.

We increased fiber by adding more barley, carrots and potatoes.

We lowered the amount of salt by reducing the original 2 Tablespoons to 1 teaspoon, and added bay leaves and basil for a flavor boost.

Nutrition facts-amount per serving:

Old Fashioned Vegetable Beef Soup:

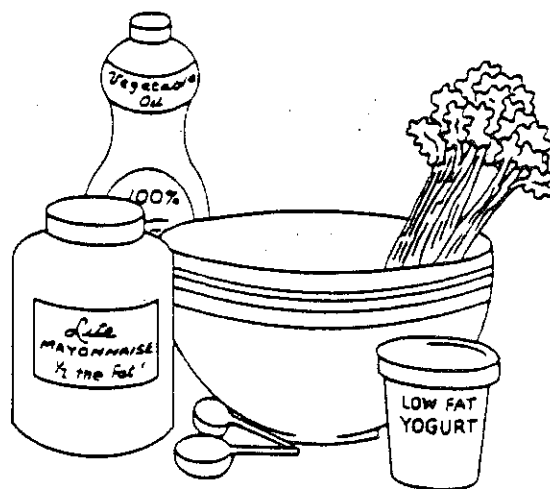
220 Calories
8 grams fat
1526 milligrams sodium

Vegetable Beef Soup Makeover:

146 Calories
2 grams fat
348 milligrams sodium

See? You don't have to give up your favorite recipes. By making a few simple changes, you can cut down on salt, fat and calories, increase fiber, and still have a great meal.

10 Servings



Substitutions

The Key To Cooking Healthy Meals Is To Use:

Lean meats such as round, sirloin, loin, lean and extra lean ground beef, poultry with skin removed, fish, bean and grain dishes.	<u>Instead of</u>	High-fat meat or regular ground beef
Lean ham or smoked turkey neck	<u>Instead of</u>	Ham hocks, fatback, or pork neck bone
Small amount of vegetable oil or soft "tub" margarine made with liquid vegetable oil	<u>Instead of</u>	Lard, butter, bacon grease, or other fats that harden at room temperature
Turkey bacon, lean ham, Canadian bacon (omit if low sodium diet)	<u>Instead of</u>	Pork bacon
Ground turkey (at least 93% lean)	<u>Instead of</u>	Ground beef or pork, pork sausage
Lowfat (1%) or nonfat/skim milk	<u>Instead of</u>	Whole milk
Lowfat cheeses or part skim cheeses	<u>Instead of</u>	Whole milk cheeses
Evaporated skim milk	<u>Instead of</u>	Cream or evaporated whole milk
Lowfat mayonnaise or mustard	<u>Instead of</u>	Regular mayonnaise on sandwiches

The Key To Cooking Healthy Meals Is to Use: (Cont.)

Nonfat or lowfat dressing,
yogurt or lowfat mayonnaise

Instead of

Regular mayonnaise
in salads

Colorful fruits & vegetables

Instead of

Avocado, olives,
croutons as salad
garnishes

Low sodium bouillons and
broths

Instead of

Regular bouillons,
broths

2 egg whites or 1/4 cup of
egg substitute

Instead of

1 whole egg

3 ripe, very well mashed
bananas

Instead of

1/2 cup butter
or oil when making
quick breads or muffins

3 Tablespoons unsweetened
baking cocoa

Instead of

1 ounce unsweetened
baking chocolate. If fat
is needed, add 1 Table-
spoon or less of vegetable
oil



Try These Low Fat Cooking Tips!

Instead of frying or cooking
in fatty sauces and gravies

- ◆ Try broiling, steaming,
roasting/baking, microwaving,
grilling or stirfrying with 1 teaspoon
of oil per serving.

Try braising/stewing, boiling, simmering
(then chill and skim off the fat).

When sautéing onion for
flavoring stews, soups and
sauces

- ◆ Use nonstick spray, water or stock.

When making a salad dressing

- ◆ Use fruit juice to replace half the oil in
your usual salad dressing recipe. For extra
flavor add mustard and herbs.

When making cakes and
soft-drop cookies

- ◆ Use no more than 2 tablespoons of fat for
each cup of flour.

When making muffins, quick
breads

- ◆ Use no more than 1-2 tablespoons of fat
for each cup of flour.

To defat homemade broths,
soups and stews

- ◆ Prepare the food ahead and chill it.
Before reheating the food, lift off the
hardened fat formed at the surface and
throw it away.

Chicken Gumbo Soup

Ingredients

4 cups	Chicken broth (homemade or canned reduced sodium)
2 medium	Carrots (sliced)
2 stalks	Celery (sliced)
1/4 cup	Green pepper (chopped)
1 medium	Onion (sliced)
1 cup	Okra (sliced)
1/4 teaspoon	Black pepper
2 Tablespoons	Fresh parsley (chopped fine)
1/4 teaspoon	Cumin
1/4 teaspoon	Thyme
1/4 teaspoon	Tabasco sauce
1/4 cup	Raw enriched rice
1 cup	Fresh or canned tomatoes (chopped)
1 cup	Diced cooked chicken

Instructions

1. Skim and discard fat from broth.
2. Add vegetables and seasonings. Bring to a boil, then cook over low heat until vegetables are nearly done.
3. Add rice and cook about 10 minutes.
4. Add chicken and tomatoes and cook about 10 more minutes or until vegetables and rice are tender.
5. Season with pepper to taste.

4 servings

Nutrition facts-amount per serving:

Calories: 155
Carbohydrate: 23 g
Protein: 10 g
Fat: 3 g
Cholesterol: 20 mg
Sodium: 81 mg

Exchanges:

1 starch
1 vegetable
1 lean meat

Puerto Rican Chicken Soup

(Asopao)

Ingredients

3 cups	Uncooked rice
2 pounds	Chicken (skinless)
1 can (8 ounces)	Tomato sauce (no-salt added)
2 Tablespoons	Sofrito (Goya) or homemade (see page 86)
8	Green olives
1 can (4 ounces)	Cooked red peppers
7 cups	Boiling water
1 teaspoon	Salt (optional)

Instructions

1. Soak the uncooked rice in a bowl with water to cover for 1/2 hour.
2. Cut the chicken in small pieces and place in a separate big pot. Add the tomato sauce, sofrito, olives and red peppers.
3. Add the boiling water with salt (if using). Cook for 10 minutes at high heat, then reduce to moderate heat and cook 20 minutes more. Skim off and discard all fat from top of broth.
4. Drain the water from the rice and add rice to the pot of ingredients. Cook, stirring every 5 minutes, until rice is tender.

Note: This recipe makes a very thick dish. If you like your asopao or soup thinner, with more broth, add extra boiling water in step 3.

8 Servings

Nutrition facts-amount per serving:

Calories: 308

Carbohydrate: 50 g

Protein: 17 g

Fat: 4 g

Cholesterol: 33 mg

Sodium: 246 mg

Exchanges:

3 starch

1 lean meat

1 vegetable

Sancocho Soup

Ingredients

A.

12 cups

1 teaspoon

1

2

1

1

3

2

Water

Salt (optional)

Onion, diced

Fresh tomatoes, chopped

Green pepper, coarsely chopped

Sweet chili pepper, chopped

Fresh cilantro leaves

Fresh ears of corn, halved

B.

1 pound

1/2 pound

Lean beef round

Lean pork meat with bone

C.

1/2 pound

1/2 pound

1/2 pound

1/2 pound

1/2 pound

1/2 pound

White yautia

Yellow yautia

Pumpkin or squash (peeled and diced)

Potatoes

Ñame

Sweet potatoes

D.

1 large

1 large

Green plantain

Ripe plantain

E.

1/2 cup

Light tomato sauce

Sancocho Soup, cont.

Instructions

1. In a large kettle combine ingredients "A" and bring to rapid boil.
2. Clean and wash meats in "B", and cut them into 1 inch cubes.
3. Add meats to kettle, reduce heat to moderate, cover and cook for one hour.
4. Chill soup, skim and discard all fat from the surface.
5. Return soup to boiling. Wash vegetables in "C" and add to kettle.
6. Rinse green plantain in salt water, drain and add to kettle with ripe plantain.
7. Add tomato sauce, and bring to a boil.
8. Cover and cook over moderate heat for 45 minutes.
9. Uncover, remove pieces of green plantain, mash with a fork. Roll plantain into 1" balls and add to kettle. Boil for 1 minute more.

10 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 257

Exchanges:

Carbohydrate: 43 g

3 starch

Protein: 16 g

1 lean meat

Fat: 4 g

Cholesterol: 37 mg

Sodium: 270 mg

Vegetable Beef Soup

Ingredients

1 pound	Very lean stewing beef or round roast (trimmed of all fat and cut into small (1/2inch) cubes)
1	Clove garlic (mashed)
1 teaspoon	Salt (optional)
1/2 teaspoon	Pepper (or to taste)
2 quarts	Water
1 (16oz.) can	Tomatoes (cut into chunks)
1/2 cup	Barley or rice
1 medium	Onion (chopped)
3 stalks	Celery (chopped)
4	Potatoes (peeled and cut into cubes)
4	Carrots (peeled and chopped)
1/4 cup	Fresh parsley (chopped fine)
2	Bay leaves
1 teaspoon	Basil (optional)

Instructions

1. Brown beef cubes one handful at a time in hot, ungreased, non-stick skillet.
2. Drain any fat from meat and place cubes in soup pot.
3. Mix mashed garlic, pepper and salt (if using) with meat.
4. Add water, tomatoes, barley, onions, celery, potatoes, carrots, parsley, basil and bay leaves.
5. Bring soup to a boil, then reduce heat. Simmer for 2 hours.
6. Chill in refrigerator. Skim off and discard any fat from the top of soup. Reheat and serve.

10 Servings

Nutrition facts-amount per serving (with optional salt):

Calories: 146

Carbohydrate: 23 g

Protein: 11 g

Fat : 2 g

Cholesterol: 25 mg

Sodium: 348 mg

Exchanges:

1 starch

1 lean meat

1 vegetable

Baked Pork Chops

Ingredients

6 lean	Center-cut pork chops (1/2-inch thick)
1	Egg white
1 cup	Evaporated skim milk
3/4 cup	Corn flake crumbs
1/4 cup	Fine dry bread crumbs
2 Tablespoons	Hot 'N Spicy Seasoning (see recipe on page 87)
1/4 teaspoon	Salt (optional)
	Non-stick vegetable oil cooking spray

Instructions

1. Trim all fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.
3. Meanwhile, mix together corn flake crumbs, bread crumbs, Hot 'N Spicy Seasoning and salt. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
4. Spray a 13 x 9 inch baking pan with non-stick spray coating. Place chops in pan; bake at 375° oven for 20 minutes. Turn chops; bake 15 minutes longer or till no pink remains.

6 Servings

NOTE: If desired, substitute skinless, boneless chicken, turkey pieces or fish for pork chops and bake for 20 minutes.

Nutrition facts-amount per serving:

Calories: 264

Carbohydrate: 18 g

Protein: 25 g

Fat: 10 g

Cholesterol: 61 mg

Sodium: 340 mg

Exchanges:

1 starch

3 lean meat

Cuban Hash

Ingredients

1/2 pound	Lean ground beef
1/2 pound	Lean ground pork (or combination of ground pork and ham)
1 teaspoon	Olive oil
1	Onion (chopped)
1 large	Green pepper (chopped)
1 clove	Garlic (chopped)
1/2 teaspoon	Salt (optional)
1/8 teaspoon	Pepper
1/2 cup	Tomato sauce (no-salt added)
1/2 cup	Raisins
1/4 cup	Dry wine
1 teaspoon	Capers

Instructions

1. Brown beef and pork in non-stick skillet. Drain and discard all fat and set meat aside.
2. Heat the oil in the skillet and saute the onions, green pepper and garlic.
3. Return meat to pan, add remaining ingredients and cook over medium heat about 20 minutes.

6 Servings

Nutrition facts-amount per serving:

Calories: 212
Carbohydrate: 13 g
Protein: 15 g
Fat: 10 g
Cholesterol: 49 mg
Sodium: 235 mg

Exchanges:

2 medium fat meat
1 fruit

Meat Balls With Potatoes

Ingredients

A.

1 pound	Very lean ground beef
2 slices	Sandwich bread, crust trimmed
1/4 cup	Skim milk

B.

1	Clove garlic, peeled and minced
3/4 teaspoon	Dried oregano
Pinch	Ground nutmeg
1/4 teaspoon	Salt
2 teaspoons	Vinegar

C.

1	Egg (or 1/4 cup egg substitute or 2 egg whites)
---	---

D.

1 teaspoon	Olive oil
1	Green pepper, chopped
1	Onion, peeled and chopped
3	Fresh cilantro sprigs, chopped
3	Sweet chili peppers, chopped

E.

1 teaspoon	Capers
1/2 cup	Tomato sauce
1/4 teaspoon	Salt
3 cups	Water
1 pound	Potatoes, peeled and quartered

Meat Balls with Potatoes, cont.

Instructions

1. Preheat oven to 350°F.
2. (A) Place the meat in a bowl. Separately, crumble bread over milk; soak and crush to mix well. Add to meat in bowl.
3. Mix ingredients in (B). Add egg or egg whites (C) and blend with meat.
4. Make small balls out of meat mixture, set in baking pan and bake for 15 to 20 minutes in preheated oven. After baking, drain and discard any fat.
5. In large kettle, heat 1 teaspoon of oil (D). Add remaining ingredients in (D) and saute over low heat for about 10 minutes until tender.
6. Add ingredients in (E) and bring to a rapid boil. Lower to moderate heat, cover, and cook for 30 minutes.
7. Add meat balls and simmer, covered, for about 15 minutes. Uncover to thicken sauce, if desired.

6 Servings

Nutrition facts-amount per serving (using one fresh egg):

Calories: 225

Carbohydrate: 19 g

Protein: 20 g

Fat: 9 g

Cholesterol: 90 mg

Sodium: 306 mg

Exchanges:

1 starch

2 medium fat meat

1 vegetable

Puerto Rican Beef Stew

Ingredients

A.

2 teaspoons

Vegetable oil

B.

1 1/2 pounds

Trimmed lean beef top round cut into 1 inch cubes

C.

1 1/2 Tablespoons

Sofrito (Goya) or homemade (page 86)

2 Tablespoons

Vinegar

1/2 Tablespoon

Dried oregano, crushed

1/2 cup

Tomato sauce (no-salt added)

2

Whole bay leaves

1/4 teaspoon

Salt (optional)

D.

1/2

Carrot, scraped, washed and cut into 1/2 inch rounds

1 can

Green peas (1 pound)

E.

1/2 pound

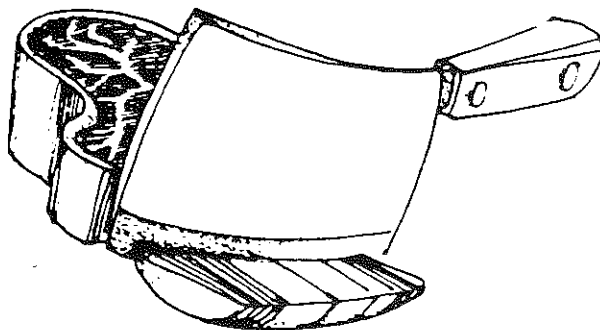
Potatoes, peeled and cut into cubes

1 Tablespoon

Capers

3/4 Pound

Pumpkin or butternut squash, peeled and cut into cubes



Puerto Rican Beef Stew, cont.

Instructions

1. In a large kettle heat oil in "A", add beef in "B" and stir until browned.
2. Drain and discard fat, and return meat to pot.
3. Add ingredients in "C", and bring to a boil, mix well. Reduce heat and cook for 1 hour, covered.
4. Add carrots, 1/2 can of drained peas, in "D" and mix. Bring again to a rapid boil, reduce heat to low, and cook for about 1 hour until meat is fork tender.
5. Add ingredients in "E", mix and bring to a boil, reduce heat to low, cover and cook for another hour until meat and vegetables are done.
6. Finally, add remainder of peas and mix. Uncover and boil to thicken to taste.

6 Servings

Nutrition facts-amount per serving (using home made sofrito and optional salt):

Calories: 224
Carbohydrate: 16 g
Protein: 25 g
Fat: 6 g
Cholesterol: 57 mg
Sodium: 322 mg

Exchanges:
1 starch
3 lean meat

Puerto Rican Meatballs

Ingredients

1	Slice of bread
1 pound	Lean ground beef
1/4 pound	Lean ham
1	Onion, chopped
1	Egg, beaten or 2 egg whites
1/2 cup	All purpose flour
1 Tablespoon	Vegetable oil
1 cup	Tomato sauce (no-salt added)

Instructions

1. Place bread in a bowl, add a small amount of water and mix with the meat, onion, and egg.
2. Shape into small meatballs and roll them in the flour. Saute the meatballs in a skillet with the oil until browned.
3. Drain all fat from the skillet, and add the tomato sauce. Cook for 15 minutes over low heat or until the meatballs are done.

42 small meatballs

6 Servings

Nutrition facts-amount per serving (using egg whites):

Calories: 263

Carbohydrate: 15 g

Protein: 20 g

Fat: 13 g

Cholesterol: 52 mg

Sodium: 298 mg

Exchanges:

1 starch

2 1/2 medium fat meat

Roast Pork Shoulder

Ingredients

1	Lean pork shoulder (5 pounds)
1 teaspoon	Salt
1/4 teaspoon	Black pepper
1 teaspoon	Oregano (crushed)
2 cloves	Garlic (minced)
1 Tablespoon	Vinegar

Instructions

1. Make small cuts on the meat with a sharp knife.
2. Mix salt, pepper, oregano and garlic; season the meat with this mixture. Pour the vinegar over the meat. Soak for 3-4 hours or overnight.
3. Bake on a rack in a shallow pan in a moderate oven at 350° for about 3 hours, or until meat is soft and browned.

Note: Remove all pork skin and fat before serving.

16 Servings

Nutrition facts-amount per serving:

Calories: 187

Carbohydrate: 0 g

Protein: 21 g

Fat: 11 g

Cholesterol: 75 mg

Sodium: 194 mg

Exchanges:

3 lean meat

1/2 fat

Soul Stew

Ingredients

1 pound	Lean round roast (all fat trimmed)
10 ounce	Package frozen corn
10 ounce	Package frozen okra
10 ounce	Package frozen peas
16 ounce can	Tomatoes
6 ounce can	Tomato paste
2 cups	Potatoes (diced)
1/2	Onion (chopped)
1 cup	Carrots (diced)
1 cup	Celery (chopped)
1 teaspoon	Oregano
1/2 teaspoon	Salt (optional)

Instructions

1. Brown cubed beef in hot non-stick pan. Drain any fat.
2. In large pot, combine meat with water to cover. Cook for about 1 1/2 hours. Skim off and discard any fat from the meat broth.
3. Add vegetables, tomato paste and seasonings and enough water to make saucy consistency.
4. Cook for about 1 1/2 hours more or to desired tenderness.

Note: Add more water during cooking, as needed.

10 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 164

Carbohydrate: 23 g

Protein: 14 g

Fat: 2 g

Cholesterol: 25 mg

Sodium: 259 mg

Exchanges:

1 starch

2 vegetable

1 lean meat

Breakfast Sausage

Ingredients

1 pound	Ground turkey (at least 93% lean)
1/2 teaspoon	Salt
1/2 teaspoon	Pepper
1/2 teaspoon	Paprika
1 teaspoon	Ground sage
1 small	Onion (diced)
1/4 cup	Dry bread crumbs or 1 slice fresh bread (crumbled fine)
1 Tablespoon	Oil

Instructions

1. Mix all ingredients together.
2. Form into 16 thin patties.
3. Fry slowly in non-stick skillet, until brown on each side, and cooked through.

16 Servings

Nutrition facts-amount per serving:

Calories: 55
Carbohydrate: 2 g
Protein: 6 g
Fat: 3 g
Cholesterol: 21 mg
Sodium: 104 mg

Exchanges:
1 lean meat

Caribbean Rice with Chicken

Ingredients

A.

2 pounds	Chicken pieces (skinless)
3 cups	Water

B.

2 whole	Black peppercorns
2 cloves	Garlic (chopped)
1 teaspoon	Whole dried oregano
1 teaspoon	Vinegar or fresh lime juice

C.

2 Tablespoons	Sofrito (Goya) or homemade (see page 86)
1 teaspoon	Salt (optional)
1 envelope	Sazón (Goya)
1/4 cup	Tomato sauce (no-salt added)
3 cups	Uncooked rice

D.

1 Tablespoon	Capers
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E.

10 ounce box	Frozen green peas
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Caribbean Rice with Chicken, cont.

Instructions

1. Wash chicken and divide each chicken piece in two or more smaller portions.
2. Drain chicken. Mix ingredients in "B" and use to season chicken. Refrigerate for 1 hour.
3. Boil chicken in water (3 cups) until cooked. Skim and discard **all** fat from top of broth.
4. Add ingredients in "C" and let rice cook until water evaporates.
5. Add ingredients in "D" and allow to cook over low heat for 40 minutes. Halfway during cooking time turn rice over with big cooking spoon, add ingredients in "E". Cook for another 15 minutes.

12 Servings

Nutrition facts-amount per serving (using homemade sofrito and optional salt):

Calories: 265

Carbohydrate: 43 g

Protein: 15 g

Fat: 3 g

Cholesterol: 28 mg

Sodium: 360 mg

Exchanges:

3 starch

1 lean meat

Chicken with Onions

Ingredients

A.

1 Stewing chicken, skinned and cut into small pieces

B.

1 Tablespoon Whole black peppercorns

1 Small garlic clove

1/2 teaspoon Whole dried oregano

1/2 teaspoon Salt (optional)

1/4 teaspoon Vinegar or lime juice

C.

1 1/2 pounds Small potatoes, peeled and cut into cubes

1 pound Medium onions, peeled and sliced

1/2 cup Chicken broth

2 Bay leaves

Instructions

1. Wash chicken in "A" and season with ingredients in "B" (ingredients in "B" should be crushed and mixed).
2. Place chicken in kettle and add ingredients in "C". Bring to a rapid boil.
3. Reduce heat to low, cover, cook for 1 hour or until chicken is done.
4. Pour off liquid from pot, skim fat from top, and return liquid to pot of chicken and vegetables.

12 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 287

Carbohydrate: 14 g

Protein: 31 g

Fat: 12 g

Cholesterol: 79 mg

Sodium: 207 mg

Exchanges:

1 starch

4 lean meat

Chicken Salad

Ingredients

4	Large chicken breasts, skinned
1/2 teaspoon	Salt (optional)
1	Small onion, diced
1	Large tomato, diced
1	Cucubane pepper, chopped
1 jar (4 ounces)	Red cooked peppers, chopped
1/2 teaspoon	Vegetable oil

Instructions

1. Place chicken breasts in a large pot. Cover with water and salt, and cook over high heat for 30 minutes.
2. Set chicken aside to cool. Once cooled cut the chicken breasts into thin strips (you can use your fingers to strip them) and mix with remaining ingredients.
3. Chill and serve.

7 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 106

Exchanges:

Carbohydrate: 4 g

2 lean meat

Protein: 16 g

1 vegetable

Fat: 2 g

Cholesterol: 42 mg

Sodium: 205 mg

Chicken/Shrimp Creole

Ingredients

1 Tablespoon	Oil
1/2 cup	Onion (chopped)
1/2 cup	Celery (chopped)
1 clove	Garlic (minced)
1 (16 ounce) can	Tomatoes
1 (8 ounce) can	Tomato sauce (no salt added)
1 teaspoon	Chili powder
1 Tablespoon	Worcestershire sauce
Dash	Hot pepper sauce
2 teaspoons	Corn starch
3/4 cup	Chicken breast (cut into small cubes)
1/2 cup	Green pepper (diced)
1/4 pound	Small cooked shrimp

Instructions

1. Cook onion, celery and garlic in oil until tender.
2. Add tomatoes, tomato sauce, chili powder, worcestershire sauce and hot pepper sauce. Simmer for 20 minutes.
3. Combine cornstarch with small amount of cold water.
Combine with sauce in pot, stirring until mixture is slightly thickened and bubbled.
4. Add chicken and green pepper, cook about 10 minutes or until chicken is done.
5. Add shrimp and heat through. Serve over rice.

5 Servings

Nutrition facts-amount per serving (creole only-without rice):

Calories: 116

Exchanges:

Carbohydrate: 11 g

1 lean meat

Protein: 11 g

2 vegetable

Fat: 4 g

Cholesterol: 77 mg

Sodium: 245 mg

Chili Con Carne

Ingredients

1 Pound	Ground turkey (at least 93% lean)
1 Tablespoon	Oil
1	Large onion, sliced
1	Green pepper, chopped
3 Cloves	Garlic, minced
3 Ribs	Celery, chopped
1 teaspoon	Ground cumin
2 Tablespoons	Chili powder
1 teaspoon	Black pepper
1/4 teaspoon	Cayenne pepper (optional) or to taste
1 (28 oz.) can	Tomatoes, broken up
2 (16 oz.) cans	Kidney beans (or 3 1/2 cups cooked beans)

Instructions

1. Cook ground turkey in hot non-stick skillet, stirring to break up large lumps. Drain and discard any fat; place browned turkey in large pot.
2. Heat oil in skillet. Add onions, green peppers, garlic and celery. Cook, stirring often, until onions are soft and golden.
3. Add the cumin, chili powder, black pepper, cayenne pepper and cook for 1 minute.
4. Add vegetables to large pot along with tomatoes. Cook 1 hour, stirring often.
5. Add kidney beans and cook 1 hour longer.

7 Servings

Nutrition facts-amount per serving:

Calories: 272

Carbohydrate: 30 g

Protein: 21 g

Fat: 8 g

Cholesterol: 49 mg

Sodium: 284 mg

Exchanges:

2 starch

2 lean meat

Country-Style Chicken

Ingredients

Coating

2	Chicken breasts, split and skinned (4 pieces)
1/3 cup	Evaporated skim milk
1/2 cup	Fine, dry bread crumbs
2 Tablespoons	Parmesan cheese
1 teaspoon	Basil
1 teaspoon	Oregano
1/4 teaspoon	Garlic powder
	Non-stick vegetable oil cooking spray

Sauce

1/4 cup	White wine or apple juice
1/4 cup	Green onion, chopped
1/4 cup	Fresh parsley, chopped
4 teaspoons	Reduced calorie margarine, melted (no more than 6 grams of fat per Tablespoon)

Instructions

1. Combine crumbs, cheese and spices, for coating
2. Dip chicken in evaporated skim milk, then roll in crumbs to coat.
3. Spray a baking pan with non-stick vegetable oil spray, and place chicken in the dish.
4. Bake at 375° for 50-60 minutes or until golden and tender.
5. Combine wine or juice, green onions melted margarine and fresh parsley. Pour mixture over chicken and return to oven for 3-5 minutes more, until sauce is hot.

4 Servings

Nutrition facts-amount per serving (using white wine)

Calories: 251	Exchanges:
Carbohydrate: 12 g	1 starch
Protein: 31 g	4 lean meat
Fat: 7 g	
Cholesterol: 76 mg	
Sodium: 262 mg	

Ollie's Chicken & Dumplings

Ingredients

2 1/2-3 pounds	Stewing chicken or fryer - cut up.
3 packets	Low sodium chicken bouillon
1/4 teaspoon	Black pepper

Instructions

1. Wash chicken, place in large pot, cover with water, add bouillon, pepper and salt (if using).
2. Bring to a good rolling boil, then reduce heat and cook until chicken is tender.
3. Remove from heat, and refrigerate several hours or overnight to allow all fat to rise to the top.
4. Remove all fat from broth, and remove the skin from the chicken. Discard fat and skin.
5. Set chicken aside in a dish until dumplings are made and partially done.

Dumplings

Ingredients

2 cups	Flour
1	Egg (beaten)
3/4 cup	Chicken stock (cold)
1/2 teaspoon	Salt

Instructions

1. Place flour in a bowl, add beaten egg to 3/4 cup stock and mix with flour and salt; stir to form dough.
2. Place remaining stock in large pot and heat to boiling while preparing dumplings.
3. Turn dough out on a floured board, knead and roll out very thin, cut into strips and drop into boiling chicken stock.
4. Cook until almost done, add chicken.
5. Continue to cook until all ingredients are done.

6 servings

Nutrition facts-amount per serving: (see next page)

Ollie's Chicken & Dumplings, cont.

Nutrition facts-amount per serving:

Calories: 249

Carbohydrate: 15 g

Protein: 29 g

Fat: 7 g

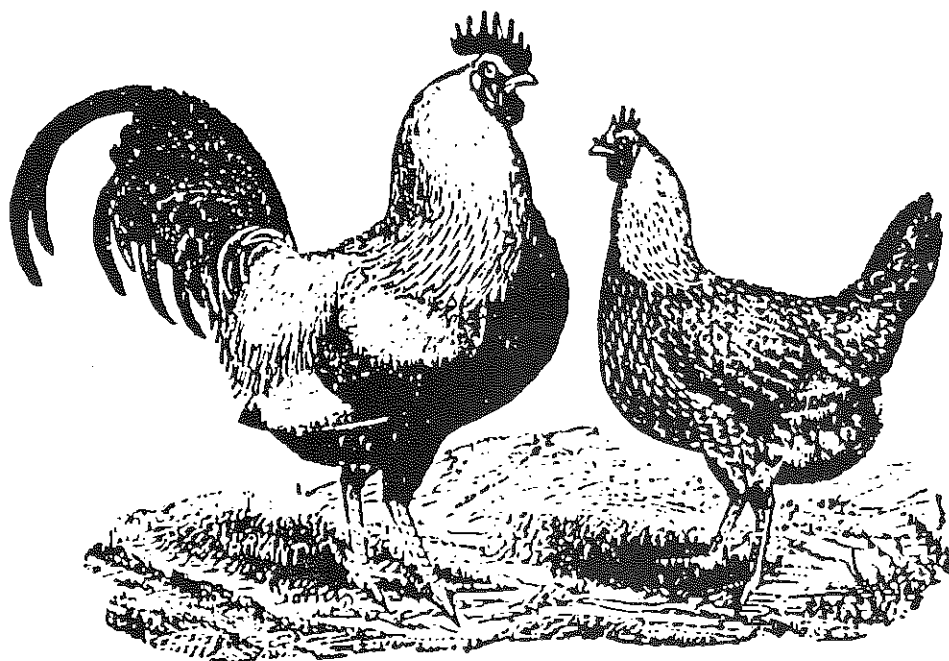
Cholesterol: 123 mg

Sodium: 292 mg

Exchanges:

3 lean meat

1 starch



Oven Fried Chicken

Ingredients

1/2 cup	Evaporated skim milk
1/3 cup	All purpose flour
1/8 teaspoon	Ground thyme
1/8 teaspoon	Rosemary leaves (crushed)
1/8 teaspoon	Ground marjoram
1/4 teaspoon	Garlic powder
1 teaspoon	Paprika
1 1/2 cups	Corn flake crumbs
2 Tablespoons	Parmesan cheese
1 (2 1/2- 3 pounds)	Chicken (cut into serving pieces and skinned).

Instructions

1. Preheat oven to 375°.
2. In a medium bowl, combine milk, flour, thyme, rosemary, marjoram, garlic powder, paprika, corn flake crumbs, and cheese.
3. Dip chicken in milk then roll in crumb mixture to coat.
4. Place on rack in shallow baking pan.
5. Bake for 55-60 minutes or until golden brown.

Note: Boneless chicken and chicken breast will require a shorter cooking time.

10 Servings

Nutrition facts-amount per serving:

Calories: 194
Carbohydrate: 16 g
Protein: 20 g
Fat: 5 g
Cholesterol: 55 mg
Sodium: 98 mg

Exchanges:

1 starch
2 1/2 lean meat

Salmon Burgers

Ingredients

1 pound	Canned salmon
1 cup	Cooked rice (no salt added)
1	Egg or 1/4 cup egg substitute
1 small	Onion (chopped)
1 Tablespoon	Margarine
Dash	Black pepper
	Non-stick vegetable oil cooking spray

Instructions

1. Drain salmon, remove and discard skin, and flake fish with fork.
2. Cook onion in margarine until lightly browned.
3. Blend all ingredients together.
4. Form into seven cakes and place in baking dish coated with non-stick cooking spray.
5. Bake at 400° for 30 minutes.
6. Serve in buns or with low sodium tomato sauce if desired.

7 Servings

Nutrition facts-amount per serving (made with egg substitute):

Calories: 147	Exchanges:
Carbohydrate: 8 g	1/2 starch
Protein: 15 g	2 lean meat
Fat: 6 g	
Cholesterol: 19 mg	
Sodium: 289 mg	

Salmon Loaf

Ingredients

1 pound	Canned salmon (in water)
1 cup	Soft bread crumbs
1	Whole egg and 2 whites (beaten)
1/2 cup	Skim milk
1/2 small	Onion (chopped fine)
1 Tablespoon	Lemon juice
2 Tablespoons	Catsup
	Non-stick vegetable oil cooking spray

Instructions

1. Drain water from salmon. Remove and throw away any skin.
2. Flake fish and mash bones with fingers or fork.
3. Add bread crumbs, egg, egg whites, skim milk, onion, lemon juice and catsup. Mix together and turn into a casserole coated with non-stick cooking spray.
4. Bake at 350° for 45 minutes to 1 hour.

8 Servings

Nutrition facts-amount per serving:

Calories: 117

Carbohydrate: 5 g

Protein: 15 g

Fat: 4 g

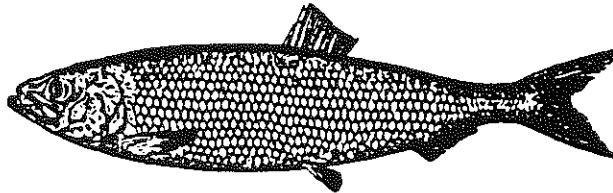
Cholesterol: 57 mg

Sodium: 317

Exchanges:

1 vegetable

2 lean meat



Spicy Oven-Fried Catfish

Ingredients

4	Dressed, farm-raised catfish (about 7 ounces each)
1/4 Cup	Yellow cornmeal
1/4 Cup	Dry bread crumbs
1/2 teaspoon	Salt (optional)
1/2 teaspoon	Paprika
1/2 teaspoon	Garlic powder
1/8 teaspoon	Cayenne pepper
1/8 teaspoon	Ground thyme
1/2 Cup	Skim milk
2 Tablespoons	Margarine, melted
	Non-stick vegetable oil cooking spray

Instructions

1. Move oven rack to position slightly above middle of oven. Heat oven to 450°.
2. Combine cornmeal, bread crumbs, salt, paprika, garlic powder, cayenne pepper and thyme.
3. Dip fish into milk; coat with cornmeal mixture.
4. Place in 13x9x2 - inch rectangular pan coated with vegetable cooking spray. Pour margarine over fish.
5. Bake uncovered until fish flakes very easily with fork, about 15 to 20 minutes.

8 Servings

Nutrition facts-amount per serving:

Calories: 175

Carbohydrate: 7 g

Protein: 19 g

Fat: 7 g

Cholesterol: 57 mg

Sodium: 190 mg

Exchanges:

1/2 starch

2 1/2 lean meat

Black-eyed Peas and Ham

Ingredients

6 ounces	Lean ham, diced
2 cups	Dried black-eyed peas
1/4 teaspoon	Salt (optional)
1 pod	Crushed hot red pepper or 1/8t. dried red pepper flakes
1 medium	Onion, chopped
1	Bay leaf
1 stalk	Celery, chopped
1 clove	Garlic, chopped
10 ounces	Okra, frozen

Instructions

1. Cover peas with water and soak overnight.
2. Drain peas and cover with fresh water.
3. Add remaining ingredients except okra; simmer 45 minutes or until peas are tender.
4. Place okra on top of peas. Do not stir. Cook 10 to 12 minutes longer over low heat.

8 Servings

Note: This dish is fast and delicious when prepared in a pressure cooker. Just combine soaked blackeyed peas, ham, vegetables (except okra) and seasonings in a pressure cooker. Add water to cover and cook at 15 lbs. pressure for 10 minutes. Reduce pressure, add okra, and cook normally until okra is done.

Nutrition facts-amount per serving (using optional salt)

Calories: 192	Exchanges:
Carbohydrate: 31 g	2 starch
Protein: 15 g	1 lean meat
Fat: 2 g	
Cholesterol: 10 mg	
Sodium: 397 mg	

Cuban Black Beans

Ingredients

1 pound	Dry black beans
10 cups	Water
1	Large green pepper, chopped
2 Tablespoons	Olive oil
1	Large onion, chopped fine
4	Cloves garlic, chopped fine
1	Large green pepper, chopped fine
1 teaspoon	Salt
1/2 teaspoon	Pepper
1/4 teaspoon	Oregano
1	Bay leaf
2 Tablespoons	Vinegar
2 Tablespoons	Dry wine

Instructions

1. Wash beans well.
2. Cover with 10 cups of water and add chopped green pepper. Soak several hours or overnight.
3. Bring beans and green pepper to boil in soaking water. Boil until tender (about 45 minutes).
4. Heat oil in frying pan. Saute garlic, onion and green pepper.
5. Add 1 cup of cooked beans to frying pan, and mash well.
6. Add mashed beans and vegetables back to bean pot.
7. Add salt, pepper, oregano and bay leaf. Boil for 1 hour or more.
8. Add vinegar and dry wine. Cook for about 1 hour more over low heat, until thickened.

Cuban Black Beans, cont.

Pressure Cooker Method:

After beans are soaked overnight, drain and place in pressure cooker. Cover with 4 cups fresh water, and cook for 10 minutes at 15 pounds pressure. In a separate pan, saute vegetables in oil and mash with 1 cup of the partially cooked beans. Return to pressure cooker with seasonings and cook for 20 minutes more.

NOTE: After cooking, let the beans "sleep" in refrigerator for at least one day for better flavor and texture.

10 Servings

Nutrition facts-amount per serving:

Calories: 194

Carbohydrate: 31 g

Protein: 11 g

Fat: 4 g

Cholesterol: 0 mg

Sodium: 246 mg

Exchanges:

2 starch

1 lean meat



Herbed Beans

Ingredients

3 large	Smoked Pork or smoked turkey neck bones
7 Cups	Cold water
1 Stalk	Celery, chopped
1/2	Onion (large), chopped
1/2	Bell pepper (large), chopped
1	Chicken bouillon cube
1/4 teaspoon	Black pepper
1 1/2 Tablespoons	Worcestershire sauce
1/2 teaspoon	Marjoram
1/2 teaspoon	Thyme
1/4 teaspoon	Garlic powder
1/2 teaspoon	Poultry Seasoning
1/4 teaspoon	Red pepper, crushed
1 Tablespoon	Parsley flakes
2 Cups	Dried beans (pinto, navy, black eye peas, etc.)

Instructions

1. Place water and neck bones in a large, heavy pot.
2. Bring to boiling then reduce heat. Cook over medium heat until meat is tender, about 1-2 hours.
3. Strain liquid and save. Discard neck bones.
4. Place liquid in bowl and refrigerate overnight.
5. Skim and discard **all** fat from surface of liquid.
6. Place 4 cups liquid, beans and seasonings in slow cooker. Cook 4-5 hours on high, or until beans are tender. Keep beans covered with liquid during cooking. A little hot water may be added as needed.

8 Servings

Nutrition facts-amount per serving:

Calories: 179

Carbohydrate: 30 g

Protein: 11 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 304 mg (estimated)

Exchanges:

2 starch

1 lean meat

Navy or Pea Bean Stew

Ingredients

1 pound	Dried navy beans
8 cups	Water
3/4 pound	Pumpkin, diced
1 teaspoon	Vegetable oil
2 ounces	Lean cured ham, diced
2 Tablespoons	Sofrito (Goya) or homemade (page 86)
1/4 cup	Tomato sauce

Instructions

1. Clean beans and pick out foreign particles and shriveled beans. Wash in several changes of water. Soak fully in water overnight.
2. Drain beans and place them in an 8 quart pot, together with water and pumpkin. Heat to boiling, cover, and cook over moderate heat for 1 hour until beans are almost tender.
3. In a separate kettle, heat vegetable oil. Brown ham, reduce heat to low, and cook for 10 minutes, stirring occasionally.
4. When beans are almost tender, mash pumpkin with a fork. Add beans and pumpkin to kettle. Add sofrito and tomato sauce. Mix and boil uncovered over moderate heat for 1 hour or until sauce thickens.

10 Servings

Nutrition facts-amount per serving (using homemade sofrito):

Calories: 182

Carbohydrate: 32 g

Protein: 12 g

Fat: 2 g

Cholesterol: 3 mg

Sodium 154: mg

Exchanges:

2 starch

1 lean meat

Pink or White Bean Stew

Ingredients

1 pound	Dry pink or white beans
8 ounce (can)	Tomato sauce (no salt added)
1/2 pound	Pumpkin, cut into cubes
2 Tablespoons	Capers
1 envelope	Sazón with Achiote (Goya)
1 teaspoon	Salt (optional)
2 Tablespoons	Sofrito (Goya) or homemade (see page 86)
1/2 pound	Potatoes, cut into small cubes

Instructions

1. Pick over beans to remove any dirt or stones, and wash thoroughly.
2. Cover beans with water and bring to a boil. Let boil 3 minutes, then cover and remove from heat. Set aside and let beans soak for 1 1/2 hours.
3. Rinse beans, cover with fresh water and bring to a boil. Cover pot, reduce heat and simmer beans for 1 hour or until soft. Add more hot water during cooking as needed to keep beans covered.
4. Add remaining ingredients and cook until pumpkin and potatoes are soft. Uncover and cook until sauce thickens.

8 Servings

Note: Sazon contains M.S.G.

Nutrition facts-amount per serving (using optional salt and homemade sofrito):

Calories: 157
Carbohydrate: 32 g
Protein: 10 g
Fat: 1 g
Cholesterol: 0 mg
Sodium: 243 mg

Exchanges:
2 starch
1/2 lean meat

Puerto Rican Chick-Peas

Ingredients

- A.
1 pound Dry chick-peas
2 1/2 quarts 10 cups water
1 teaspoon Salt
- B.
2 1/2 quarts Water
1 1/4 pound Pumpkin, peeled and diced
- C.
2 teaspoons Sofrito (Goya) or home made sofrito (see page 86)
- D.
1/4 cup Tomato sauce
1/2 pound Cabbage (quartered)

Instructions

1. Pick over chick-peas and remove any stones or dirt. Wash in several changes of water.
2. (A.) Soak peas overnight in water and salt.
3. When ready to cook, drain chick-peas, rinse and place in pot with ingredients (B.) Bring to a rapid boil, then reduce heat. Cover and cook over moderate heat for 1 1/2 hours or until chick-peas soften.
4. Uncover and mash pumpkin with a fork, but do not mash chick-peas. Add ingredients (C. & D.). Boil for 1 hour or until sauce thickens.

10 Servings

Nutrition facts-amount per serving (using home made sofrito):

Calories: 191	Exchanges:
Carbohydrate: 35 g	2 starch
Protein: 10 g	1 vegetable
Fat: 2 g	1/2 lean meat
Cholesterol: 0 mg	
Sodium: 286 mg	

Red Beans and Rice

Ingredients

1 pound	Dry red beans
2 quarts	Water
4	Bay leaves
1 1/2 cups	Chopped onion
1 cup	Chopped celery
1 cup	Chopped green pepper
3 Tablespoons	Finely chopped garlic
3 Tablespoons	Finely chopped fresh parsley
2 teaspoons	Dried thyme, crushed
1 teaspoon	Black pepper
1 teaspoon	Salt (optional)

Instructions

1. Pick through beans to remove bad beans, rinse thoroughly.
2. Place beans in a large pot, cover with water and bring to a boil. Boil for 2-3 minutes, then cover pot and remove from heat. Let beans stand in hot water for 1 hour.
3. Drain beans, rinse and return to pot. Add bay leaves and enough fresh water to cover beans. Bring to boiling, then reduce heat and cook over low heat for 45 minutes.
4. Add onion, celery, green pepper, garlic, parsley, thyme and pepper. Continue to cook, uncovered, stirring occasionally, until beans and vegetables are very tender. (About 45 minutes.)
5. Remove about one cup of beans from pot, mash well and return to pot to thicken mixture. Still well, continue cooking and stirring, uncovered, until thick and creamy. Stir in salt, if desired.
6. Remove bay leaves. Serve over hot cooked brown rice.

8 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 217

Carbohydrate: 40 g (for beans only-add 15 g carbohydrate for each 1/3 cup cooked rice)

Protein: 14 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 288 mg

Exchanges:

2 starch

2 vegetable

1/2 lean meat

Rice and Pigeon Peas

(Arroz Con Gandules)

Ingredients

2 Tablespoons	Sofrito (Goya) or homemade (page 86)
1 Tablespoon	Vegetable oil
1/2 pound	Lean pork (chopped, trim all visible fat)
1 (16 ounce) can	Pigeon peas (drained)
2 cups	Uncooked rice
3 cups	Boiling water
1/2 teaspoon	Salt (optional)
1 (8 ounce) can	Tomato sauce (no salt added)

Instructions

1. Heat large pot over medium heat, add oil and sofrito. Add chopped pork. Cook and stir for 1 minute. Drain off all fat and discard.
2. Drain the pigeon peas (keeping the liquid aside), add to the ingredients in the pot and stir.
3. Wash rice 2 times before adding to the pot. Add rice with tomato sauce. Cook for 2-3 minutes. Add boiling water with salt and the pigeon pea liquid.
4. Cook rice over high heat, until water has evaporated. Reduce heat to low and mix the rice occasionally. Cook for 30 minutes or until rice is tender.

9 Servings

Nutrition facts-amount per serving (using homemade sofrito and optional salt):

Calories: 254

Carbohydrate: 45 g

Protein: 9 g

Fat: 4 g

Cholesterol: 29 mg

Sodium: 288 mg

Exchanges:

3 starch

1 fat

Cornbread
(Using Jiffy Cornbread Mix)
Two (2) Different Recipes

Ingredients

Recipe # 1

1 Box	Cornbread Mix
1	Whole egg
	Skim milk

Instructions

Follow directions on box, using skim milk instead of whole milk.

Ingredients

Recipe #2

1 Box	Cornbread Mix
1/4 Cup	Egg substitute or 2 egg whites
	Skim milk

Instructions

Follow directions on box, using skim milk instead of whole milk, and egg substitute or egg whites instead of a whole egg. This version has no cholesterol.

6 Servings

Nutrition facts-amount per serving:

	using whole egg	using egg white	Exchanges:
Calories:	177	171	2 starch
Carbohydrate:	29 g	29 g	1 fat
Protein:	4 g	4 g	
Fat:	5 g	4 g	
Cholesterol:	36 mg	0 mg	
Sodium:	338 mg	345 mg	

Cornbread (Traditional)

Ingredients

1 Cup	Flour
1 Cup	Yellow cornmeal
1 Tablespoon	Baking powder
1/2 teaspoon	Baking soda
2 Tablespoons	Sugar
1/2 teaspoon	Salt
1 Cup	Buttermilk
1	Egg, beaten
2 Tablespoons	Canola oil
	Non-stick vegetable oil cooking spray

Instructions

1. Preheat oven to 425°
2. Combine dry ingredients.
3. In separate bowl combine milk, beaten egg and oil, then add to dry ingredients. Stir lightly to combine.
4. Spray 8x8 baking pan with non-stick vegetable oil spray and pour in batter.
5. Bake for about 20-25 minutes or until wooden toothpick inserted in center comes out clean.

8 Servings

Nutrition facts-amount per serving:

Calories: 190

Carbohydrate: 30 g

Protein: 5 g

Fat: 5 g

Cholesterol: 28 mg

Sodium: 395 mg

Exchanges:

2 starch

1 fat

Cornbread Stuffing

Ingredients

1/2 Cup	Onions, chopped
1/2 Cup	Celery, chopped
1 Can (13-14 oz.)	Reduced sodium chicken broth (like Swanson's "1/3 less sodium")
1 teaspoon	Light margarine
1/4 Cup	Green pepper, chopped
1 teaspoon	Sage
1 teaspoon	Poultry seasoning
1/4 teaspoon	Rosemary, chopped
	Black pepper to taste

Instructions

1. Prepare traditional cornbread as instructed on page 57, but **omit the salt** from the recipe.
2. Cool cornbread and crumble it in a bowl.
3. Saute onions, celery and green peppers in margarine.
4. Add to crumbled cornbread along with the seasonings and chicken broth. Stir well, adding a little hot water if needed.
5. Spray a pan with non-stick spray and pour stuffing in pan.
6. Bake in a 350° oven for 30-35 minutes or until brown.

8 Servings

Nutrition facts-amount per serving:

Calories: 203

Carbohydrate: 31 g

Protein: 6 g

Fat: 6 g

Cholesterol: 28 mg

Sodium: 381 mg

Exchanges:

2 starch

1 fat

Moist Virginia Spoon Bread

Ingredients

1 cup	Corn meal
3 cups	Skim milk
2 Tablespoons	Reduced calorie margarine (5g fat per T.)
1/2 teaspoon	Salt
1 teaspoon	Baking powder
1/2 cup	Egg substitute
	Non-stick vegetable oil cooking spray

Instructions

1. Cook corn meal and milk to mush consistency. Add margarine, salt and baking powder.
2. In small bowl, mix thoroughly about 1 cup of cornmeal mixture with the egg substitute.
3. Return to pot, mix well.
4. Pour into sprayed casserole.
5. Bake at 375° for 45 minutes or until browned on top (time may vary).

Serve hot

6 Servings

Nutrition facts-amount per serving:

Calories: 142
Carbohydrate: 22 g
Protein: 8 g
Fat: 3 g
Cholesterol: 2 mg
Sodium: 381 mg

Exchanges:

1 starch
1/2 skim milk
1/2 fat

Rolled Biscuits

Ingredients

2 cups plus 3 Tablespoons	All purpose flour
1 Tablespoon	Baking powder
1/3 cup	Vegetable oil
1/2 cup	Skim milk
1/4 cup	Buttermilk
1/4 teaspoon	Salt

Instructions

1. Preheat oven to 450°
2. Sift together flour, baking powder and salt. Add oil and stir with a fork until mixture looks like coarse crumbs.
3. Add skim milk and buttermilk and stir just until combined.
4. Knead gently on a floured board 6 to 8 times.
5. Roll out to 1/2" thick. Cut biscuits in 2" rounds.
6. Place biscuits on ungreased baking sheet and bake for 10-15 minute, until golden brown.

14 Biscuits

Nutrition facts-amount per serving:

Calories: 115

Carbohydrate: 14 g

Protein: 2 g

Fat: 5 g

Cholesterol: 0 mg

Sodium: 142 mg

Exchanges:

1 starch

1 fat

Baked Macaroni and Cheese

Ingredients

8 ounces	Elbow macaroni, uncooked
1 cup	Reduced fat, sharp cheddar cheese, grated or cut into small pieces. (No more than 6 grams of fat per ounce)
2 cups	Evaporated skim milk
1 dash	Pepper
2 Tablespoons	Flour
1/3 cup	Seasoned bread crumbs (optional)
	Non-stick vegetable oil cooking spray

Instructions

1. Boil macaroni until nearly tender.
2. Combine flour and milk; cook over low heat until thickened. Add pepper.
3. Stir in cheese until melted.
4. Add cooked macaroni and stir until well coated with sauce.
5. Spray baking dish with cooking spray and spoon macaroni evenly into dish. Top with crumbs if desired.
6. Bake at 350° for about 40 minutes.

6 Servings

Nutrition facts-amount per serving (using cheese with 2.5g fat per ounce and optional bread crumbs):

Calories: 279

Carbohydrate: 45 g

Protein: 18 g

Fat: 2 g

Cholesterol: 10 mg

Sodium: 273 mg

Exchanges:

2 starch

1 milk (skim)

1/2 lean meat

Candied Sweet Potatoes

Ingredients

3-4	Large sweet potatoes
1 cup	Apple cider
1/4 cup	Granulated sugar or brown sugar
Dash	Cinnamon
1 teaspoon	Vanilla extract
2-3 Tablespoons	Cornstarch
1/4 cup	Apple cider

Instructions

1. Wash and boil the sweet potatoes until soft when tested with fork.
2. Peel and slice potatoes, then place in casserole dish.
3. Bring to boil the apple cider, granulated sugar or brown sugar, dash of cinnamon and vanilla.
4. Mix the cornstarch with 1/4 cup of apple cider and stir into hot apple cider mixture.
5. Pour hot apple cider mixture swiftly over potatoes.
6. Bake for 30 minutes in a 350° oven.

8 Servings

Nutrition facts-amount per serving:

Calories: 140
Carbohydrate: 33 g
Protein: 1 g
Fat: 0 g
Cholesterol: 0 mg
Sodium: 8 mg

Exchanges:
1 starch
1 fruit

Corn Pudding

Ingredients

6	Egg whites
1 1/3 cups	Evaporated skim milk
2 Tablespoons	Flour
1 dash	Nutmeg
1 cup	Whole kernel corn
1 cup	Cream style corn
	Non-stick vegetable oil cooking spray

Instructions

1. Beat egg whites with fork to break up, then combine well with evaporated milk.
2. Stir in flour and nutmeg. Mix well, then stir in corn.
3. Spray shallow pan with vegetable cooking spray. Pour in corn mixture and bake for 40 minutes at 350°.

4 Servings

Nutrition facts-amount per serving:

Calories: 184

Carbohydrate: 32 g

Protein: 14 g

Fat: 1 g

Cholesterol: 2 mg

Sodium: 422 mg

Exchanges:

2 starch

1 lean meat



Macaroni Salad

Ingredients

1 Cup	Uncooked macaroni
1/2 Cup	Light mayonnaise (3 grams of fat per Tablespoon)
1 Tablespoon	Onion, chopped
1/2 teaspoon	Prepared mustard
1/2 Cup	Celery, chopped
1/4	Sweet red pepper, chopped
1/4	Green bell pepper, chopped
1 Tablespoon	Fat free Italian dressing
1 Tablespoon	Sweet relish

Instructions

1. Cook macaroni in boiling water until tender.
2. Drain well, rinse with cold water.
3. Combine all dressing ingredients and mix well.
4. Add macaroni, toss to combine well.
5. Refrigerate until well chilled - at least 1 hour.

Hint: For a lower fat recipe, try Fat Free Mayonnaise.

7 Servings

Nutrition facts-amount per serving:

Calories: 106

Carbohydrate: 15 g

Protein: 2 g

Fat: 3 g

Cholesterol: 32 mg

Sodium: 123 mg

Exchanges:

1 starch

1/2 fat

Potato Salad

Ingredients

5 large	White potatoes
1 small	Onion (chopped)
1/2 large	Green pepper (chopped)
4 small	Sweet pickles (chopped)
4	Hard boiled eggs (<u>whites only</u> chopped)
1 cup	Celery (chopped)
1 teaspoon	Mustard
3/4 cup	Reduced fat mayonnaise
1 Tablespoon	Vinegar
1 teaspoon	Sugar
1/2 teaspoon	Salt (optional)

Instructions

1. Wash potatoes and boil in jackets until done.
2. Cool, peel and dice potatoes.
3. Combine potatoes with onion, green pepper, pickles, egg white and celery.
4. Stir mustard, mayonnaise, vinegar, sugar and salt (if using) together and combine with potatoes and vegetables.

8 Servings

Nutrition facts-amount per serving (using optional salt):

Calories: 122

Carbohydrate: 21 g

Protein: 4 g

Fat: 3 g

Cholesterol: 0 mg

Sodium: 293 mg

Exchanges:

1 starch

1 vegetable

1 fat

Breakfast Grits

Ingredients

1 cup	Grits
4 cups	Water
1/4 cup	Reduced fat cheddar cheese, grated (no more than 6 grams of fat per ounce)

Instructions

1. Put water in pot, cover and bring to brisk boil.
2. Add salt and soft margarine (if desired).
3. Stir in grits. Cover and cook slowly. Stir frequently.
4. Remove all lumps, do not let stick. When thick, but not stiff, grits are ready to serve. Add hot water to make grits thinner, if needed.
5. Add cheese when done and stir until cheese is melted.

8 Servings

Nutrition facts-amount per serving (using reduced fat cheese with 2.5 grams of fat per ounce):

Calories: 80
Carbohydrate: 16 g
Protein: 3 g
Fat: 5 g
Cholesterol: 2 mg
Sodium: 25 mg

Exchanges:
1 starch

Cuban Yellow Rice

Ingredients

1 teaspoon	Olive oil
1 cup	Uncooked long grain rice
1	Clove of garlic (minced)
1/8 teaspoon	Saffron threads (or bijol)
2 cups	Canned no-salt added chicken broth (or water)
1/8 teaspoon	Salt

Note: For white rice eliminate the saffron (bijol).

Instructions

1. Heat oil in saucepan over medium heat.
2. Add the rice, garlic and saffron; saute 2 minutes or until rice is coated and garlic is fragrant.
3. Stir in chicken broth and salt; bring to a boil. Cover. Reduce heat and simmer for 17 minutes or until broth is absorbed.

10 Servings

Nutrition facts-amount per serving:

Calories: 76

Carbohydrate: 15 g

Protein 2 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 40 mg

Exchanges:

1 starch

Dolores' Delicious Rice

Ingredients

2 teaspoons	Canola oil
1/2 small	Red pepper, diced
1/2 medium	Onion, diced
1 cup	Uncooked rice
2 cups	Cold water
1 cube	Chicken bouillon

Instructions

1. Saute pepper and onion in oil.
2. Add rice, water and bouillon cube.
3. Let simmer for about 15 minutes or until rice is tender and liquid is absorbed.

10 Servings

Nutrition facts-amount per serving:

Calories: 83

Carbohydrate: 16 g

Protein: 2 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 150 mg

Exchanges:

1 starch

White Rice

Ingredients

3 1/2 cups	Water
1 teaspoon	Salt
2 teaspoons	Vegetable oil
2 1/2 cups	Uncooked rice

(Use Goya, Comet or Canilla brand)

Instructions

1. In a kettle, bring water, salt and oil to boiling point.
2. Pick out foreign particles from rice. Wash rice with two changes of water, drain well and add to boiling water.
3. Stir and cook, uncovered, over high heat until water evaporates and rice is dry.
4. Reduce heat to low and turn rice with a large cooking spoon from bottom to top. Cover and cook for 20 minutes. Halfway through cooking time turn rice again, but do not stir.

12 Servings

Nutrition facts-amount per serving:

Calories: 154

Carbohydrate: 33 g

Protein: 3 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 194 mg

Exchanges:

2 starch

Collard Greens and Ham Hocks

Ingredients

- 3 Bunches collard greens
- 3 Smoked ham hocks
- 3 Cups water
- 1 Pinch salt
- 1 Onion (small) or 2 scallions, chopped (optional)

Instructions

1. Wash and cut greens to prepare for cooking. Set aside.
2. Wash ham hocks and place in cold water to cover.
3. Bring to boil. When ham hocks start to boil, pour water off and start over again covering with fresh water.
4. Let cook for about 1 hour or until they start to get tender.
5. Separate all fat and skin from hocks. Keep lean pieces only.
6. Add greens and lean pieces of ham hocks to a large pot. Add 3 cups water and a pinch of salt. Add onion or scallions, if desired.
7. Let cook about 1 1/2 to 2 hours or until tender.

8 Servings

Nutrition facts-amount per serving (sodium value is approximate):

Calories: 94

Carbohydrate: 9 g

Protein: 11 g

Fat: 3 g (estimated)

Cholestrol: 15 mg

Sodium: 190 mg (estimated)

Exchanges:

1 lean ment

2 vegetable

Meatless Collard Greens

Ingredients

2-3	Bunches of greens of any kind (collard, turnip, etc.)
1 Cup	Onions, chopped
1-2 Cups	Low sodium bouillon or canned low sodium chicken broth
Pinch	Sugar (optional)
1/4 teaspoon	Salt (optional)
1 1/2 Tablespoons	Cooking oil

Instructions

1. In a 5 quart sauce pan, saute the onions in the oil until soft.
2. Add the greens and continue to stir greens until they have wilted.
3. Add bouillon, salt, pinch of sugar (if desired) then cover and cook until tender.

Note: If desired, smoked turkey neck may be added.

8 Servings

Nutrition facts-amount per serving (without turkey neck, using 3 bunches stemmed greens and optional salt and sugar):

Calories: 84	Exchanges:
Carbohydrate: 10 g	2 vegetables
Protein: 6 g	1/2 fat
Fat: 3 g	
Cholesterol: 0 mg	
Sodium: 85 mg	

Oven Fried Okra

Ingredients

1 1/4 cups	Cornmeal
1 3/4 pounds	Fresh okra
	Vegetable oil cooking spray
	Buttermilk

Instructions

1. Wash okra and drain well.
2. Prepare okra by slicing off and discarding tip and stem ends, then slicing pods into 1/2 inch rounds.
3. Place okra slices in a bowl and pour enough buttermilk over the slices to moisten well. Let soak 5-10 minutes.
4. Drain okra slices and roll in cornmeal to coat.
5. Spray a cookie sheet or shallow baking pan with non-stick vegetable oil cooking spray, and place okra in a single layer.
6. Bake in preheated 450 degree oven until crisp, about 30-40 minutes, stirring occasionally during baking.

2 Servings

Nutrition facts-amount per serving:

Calories: 99

Carbohydrate: 20 g

Protein: 4 g

Fat: 1 g

Cholesterol: 1 g

Sodium: 66 mg

Exchanges:

1 starch

1 vegetable

Southern Cole Slaw

Ingredients

3 cups	Cabbage (shredded)
1 medium	Green pepper, cut into thin strips
1	Carrot (shredded)
1 small	Onion (grated or chopped fine)
1/2 cup	Evaporated skim milk
2 Tablespoons	Sugar or sugar substitute (3 packets of "Equal")
1 teaspoon	Mustard powder
1/4 teaspoon	Black pepper
1/4 cup	Vinegar

Instructions

1. Place cabbage, green pepper and carrot in large bowl. Toss to combine.
2. Mix together onion, evaporated skim milk, sugar or sugar substitute, mustard powder, black pepper and vinegar. Mixture will become thick.
3. Pour dressing over cabbage mixture and mix well. Chill until serving time.

8 Servings

Nutrition facts-amount per serving (using sugar):

Calories: 69

Exchanges:

Carbohydrate: 6 g

1 vegetable

Protein: 2 g

1 fat

Fat: 4 g

Cholesterol: 0 mg

Sodium: 30 mg



Stewed Tomatoes and Okra

Ingredients

3/4 pound	Fresh or frozen sliced okra pods
	Non-stick vegetable oil cooking spray
1/2 cup	Finely chopped onion
1/4 cup	Finely chopped green bell pepper
2 cups	Seeded, coarsely chopped unpeeled tomato (about 3 medium)
1 Tablespoon	Lemon juice
1 teaspoon	Dried whole oregano
1/4 teaspoon	Salt
1/4 teaspoon	Hot sauce

Instructions

1. If using fresh okra, remove tip and stem ends and cut okra into 1/4-inch slices, and set aside.
2. Coat a medium saucepan with cooking spray and place over medium heat until hot.
3. Add onion and bell pepper; cook 2 minutes, stirring constantly.
4. Add fresh or frozen okra, tomato and remaining ingredients. Cover and cook over medium-low heat 25 minutes or until okra is tender, stirring occasionally.

5 Servings

Nutrition facts-amount per serving:

Calories: 48

Carbohydrate: 10 g

Protein: 2 g

Fat: 0 g

Cholesterol: 0 mg

Sodium: 136 mg

Exchanges:

2 vegetable

Tropical Salad

Ingredients

A.

1/2 head	Cabbage (cored & shredded)
1	Cucumber (peeled)
1	Green pepper (seeded)
2	Onions (peeled)
6	Radishes

B.

1 teaspoon	Olive oil
1/4 cup	Vinegar
1/4 teaspoon	Fresh lime juice
1/2 teaspoon	Salt
1/8 teaspoon	Pepper

Instructions

1. Thinly slice vegetables listed in "A" and combine in a bowl.
2. Mix ingredients in "B", and add to vegetable mixture.
3. Chill in refrigerator.

10 Servings

Nutrition facts-amount per serving:

Calories: 25

Carbohydrate: 5 g

Protein: 1 g

Fat: 1g

Cholesterol: 0 mg

Sodium: 126 mg

Exchanges:

1 vegetable

Baked Apples

Ingredients

4	Apples (medium)
4 teaspoons	Brown or white sugar or equivalent sugar substitute
2 teaspoons	Ground cinnamon
1/2 cup	Water

Instructions

1. Wash and core apples, being careful not to pierce the bottom of the apple. Place in baking dish.
2. Mix sugar or sugar substitute and cinnamon. Divide evenly into centers of apples. Make several slits on top edge of each apple.
3. Pour 1/2 cup of water around bottom of apples in baking dish.
4. Bake at 375° for about one hour or until very soft. Spoon pan juice over apples occasionally while baking.
5. Serve warm or cold.

4 Servings

Nutrition facts-amount per serving (using sugar):

Calories: 97

Exchanges:

Carbohydrate: 25 g

1 1/2 fruit

Protein: 0 g

Fat: 0 g

Cholesterol: 0 mg

Sodium: 1 mg

Baked Rice Pudding

Ingredients

2/3 Cup	Rice, uncooked
1 1/3 Cups	Water
1	Egg
2	Egg whites
1/2 Cup	Sugar
1/2 Cup	Raisins
2 Cups	Evaporated skim milk
1/2 teaspoon	Vanilla
1/4 teaspoon	Cinnamon
1/4 teaspoon	Nutmeg

Instructions

1. Cook rice with water until done.
2. Beat egg and egg whites together.
3. Mix eggs with cooked rice and remaining ingredients.
4. Put into ungreased 1 1/2 quart baking dish.
5. Bake at 325 degree for 50-60 munutes.

9 Servings

Nutrition facts-amount per serving:

Calories: 182
Carbohydrate: 37g
Protein: 7 g
Fat: 1 g
Cholesterol: 26 mg
Sodium: 88 mg

Exchanges:

1 starch
1 fruit
1/2 milk (skim)

Coconut Custard (Tembleque)

Ingredients

A.

1 can (8 ounce)	Coconut milk
1 can (16 ounce)	Evaporated skim milk

B.

1/2 cup	Cornstarch
---------	------------

C.

1 Tablespoon	Orange blossom water
1/4 cup	Sugar

D.

Ground cinnamon

Instructions

1. In a saucepan, dissolve cornstarch (B), in part of coconut milk and evaporated milk, mixture (A).
2. Stir in remaining milk mixture and add ingredients in (C).
3. Cook over moderate-high heat, stirring constantly with a wooden spoon. When mixture begins to thicken, reduce heat and stir until mixture thickens well and boils.
4. Pour immediately into an aluminum pan, pre-rinsed in cold water. Chill in refrigerator until firm; then, turn onto serving platter and sprinkle with cinnamon, D.

8 Servings

NOTE: Although this recipe has been changed to be lower in fat than the traditional version, it is still very high in saturated fat. Enjoy this Coconut Custard only in very small portions on special occasions.

Nutrition facts-amount per serving:

Calories: 184

Carbohydrate: 28 g

Protein: 5 g

Fat: 6 g

Cholesterol: 2 mg

Sodium: 78 mg

Exchanges:

2 starch

1 fat

Dolores' Buttermilk Pound Cake

Ingredients

3 1/2 cups	Flour
1 teaspoon	Baking powder
1/2 teaspoon	Baking soda
1/2 teaspoon	Salt
1/2 cup	Soft margarine
2 1/4 cups	Sugar
1/4 cup	Applesauce
1 teaspoon	Lemon flavoring
1 teaspoon	Vanilla flavoring
1/2 teaspoon	Almond flavoring
2	Whole eggs
6	Egg whites
1 1/3 cups	Buttermilk

Instructions

1. Sift first four ingredients together. Sift a second time set and aside.
2. Beat margarine and sugar in a large mixing bowl. Add eggs, egg whites vanilla, lemon, almond and applesauce. Beat at low speed of electric mixer until blended, scraping bowl constantly. Beat at high speed 5 minutes, scraping bowl occasionally.
3. Add flour mixture to batter, alternating with buttermilk. Beat at low speed after each addition, until batter is smooth.
4. Pour into lightly greased and floured 10" tube or bundt pan. Bake at 325° for 1 hour to 1 hr. 10 min. or until golden brown and cake tester inserted comes out clean.

30 Servings

*** This is not a low sugar recipe. Please check with your physician or nutritionist to see if this recipe is o.k. for you to use.**

Nutrition fact-amount per serving:

Calories: 163

Carbohydrate: 30 g

Protein: 3 g

Fat: 3 g

Cholesterol 15 mg

Sodium 109 mg

Exchanges:

2 starch

Peach Cobbler

Ingredients

Fruit Layer

2 (16 ounce) cans	Unsweetened peaches
1/8 teaspoon	Nutmeg
1/4 teaspoon	Cinnamon
2 Tablespoons	Flour
4 Tablespoons	Sugar
1 Tablespoon	Lemon juice

Crust

1 Cup	Sifted flour
1 1/2 Tablespoons	Baking powder
1/4 teaspoon	Salt
1 1/2 Tablespoons	Cold tub margarine
1/3 Cup	Skim milk
1 1/2 Tablespoons	Vegetable oil

Instructions

Fruit Layer

1. Preheat oven to 425 degrees.
2. Drain peaches but **SAVE THE JUICE.**
3. In medium sauce pan combine sugar, flour, nutmeg, and cinnamon. Slowly stir in peach juice and lemon juice. Cook over medium heat, stirring constantly until thickened.
4. Add peaches, stir gently until heated through. Cover and set aside while making crust.

Peach Cobbler, cont.

Crust

1. Mix together flour, salt, and baking powder. Add margarine and blend with fork until mixture looks like course crumbs. Add skim milk and oil.
2. Stir just until combined and mixture gathers together into a ball.
3. Turn out dough onto floured board and pat into 8 " inch circle.
4. Cut dough into 6 strips.
5. Pour hot fruit mixture into 8 " pie plate.
6. Place strips of dough over fruit, either straight or in a woven design.
Have fun with it!!!
7. Bake for 20-25 minutes until golden brown. Serve hot or cold.

8 Servings

Nutrition facts-amount per serving:

Calories: 183
Carbohydrate: 33 g
Protein: 3 g
Fat: 5 g
Cholesterol: 0 mg
Sodium: 340 mg

Exchanges:
1 starch
1 fruit
1 fat

Raisin Bread Pudding

Ingredients

1	Whole egg and 2 egg whites
3 teaspoons	Sugar
1 teaspoon	Vanilla
1/4 cup	Raisins
1 1/2 cups	Evaporated skim milk
1/2 teaspoon	Cinnamon
3	Slices of bread (cut in squares)
	Non-stick vegetable oil cooking spray

Instructions

1. Lightly spray 8 x 4 inch pan with non-stick cooking spray or coat very lightly with small amount of oil.
2. Beat eggs and sugar, then add milk, vanilla, cinnamon and raisins.
3. Add bread to mixture and let it soak for 10 minutes. Mix all ingredients well.
4. Pour into pan and bake at 350° for about 45 minutes or until knife inserted comes out clean.

6 Servings

Nutrition facts-amount per serving:

Calories: 129
Carbohydrate: 21 g
Protein: 8 g
Fat: 2 g
Cholesterol: 48 mg
Sodium: 157 mg

Exchanges:

1 starch
1/2 skim milk

Sweet Potato Custard

Ingredients

Custard:

1 cup	Mashed cooked sweet potato
1/2 cup	Mashed banana
1 cup	Evaporated skim milk
1 teaspoon	Ground cinnamon
2 Tablespoons	Packed brown sugar
2	Beaten egg yolks (or 1/3 cup egg substitute)
1/2 teaspoon	Salt (optional)

Topping:

1/4 cup	Raisins
1 Tablespoon	Sugar
1 teaspoon	Ground cinnamon
	Non-stick spray coating

Instructions

1. In a medium bowl stir together sweet potato and banana. Add evaporated skim milk, blending well. Add cinnamon, brown sugar, egg yolks and salt, mixing thoroughly.
2. Spray a 1 quart casserole with non-stick spray coating. Transfer sweet potato mixture to casserole.
3. Combine raisins, sugar and cinnamon; sprinkle over top of sweet potato mixture. Bake in preheated 300° oven for 45-50 minutes or until a knife inserted near center comes out clean.

8 Servings

Nutrition facts-amount per serving (using egg substitute and optional salt)

Calories: 117

Exchanges:

Carbohydrate: 24 g

1 starch

Protein: 4 g

1/2 fruit

Fat: 1 g

Cholesterol: 1 mg

Sodium 192 mg

Sweet Potato Pie

Ingredients

3 cups	Cooked, warm, mashed sweet potatoes
6 Tablespoons	Egg substitute (like Egg Beaters) or beaten whites from 3 eggs
2 packets	Sugar substitute (Sweet & Low or Sweet One)
2 Tablespoons	Granulated sugar
1/2 teaspoon	Salt
1/2 teaspoon	Ground nutmeg
1/2 teaspoon	Ground cinnamon
1 1/2 cup	Canned evaporated skim milk
1	Unbaked pie crust (see next recipe)

Instructions

1. Boil sweet potatoes in jackets until tender, about 20-30 minutes.
2. Peel them while they are still hot, and mash. Preheat oven to 350°.
3. Beat egg substitute, sugar & sugar substitute and spices into the mashed potatoes, stirring constantly.
4. Pour in the evaporated skim milk and mix until well blended.
5. Pour the sweet potato filling into the unbaked pie shell. Bake in the preheated oven for 1 hour or until thin knife inserted near center comes out clean.

Sweet Potato Pie, cont.

Pie Crust

Ingredients

1 cup	All-purpose flour
1/2 teaspoon	Salt
2 Tablespoons	
Plus 2 teaspoons	Corn oil
1 1/2-2 Tablespoons	Cold water

Instructions

1. Combine flour and salt. Stir in oil until mixture looks like cornmeal.
2. Add water gradually until dough is moistened and just holds together.
3. Roll dough until thin between sheets of waxed paper, or use a lightly floured pastry cloth.
4. Press into a pie pan, prick crust with fork.

8 Servings

Nutrition facts-amount per serving (crust and filling):

Calories: 250

Carbohydrate: 45 g

Protein: 6 g

Fat: 5 g

Cholesterol: 1 mg

Sodium: 338 mg

Exchanges:

3 starch

1 fat

HomeMade Sofrito

(Puerto Rican Seasoning)

Ingredients

1	Onion
1 clove	Garlic
1 cup	Water
1 envelope	Sazón with Achiote (Note: contains M.S.G.)
1	Green pepper
1	Red pepper
5	Fresh sprigs cilantro

Instructions

1. Remove and discard seeds from green pepper. Wash all vegetables and chop them up.
2. Place vegetables in blender and add small amount of water as you blend.
3. It can be kept in the freezer or in a glass jar in the refrigerator.

Makes about 3 cups.

Nutrition facts-amount per serving:

Calories: 0
Carbohydrate: 0 g
Protein: 0 g
Fat: 0 g
Cholesterol: 0 g
Sodium: 6 mg

Exchanges:
Free

Hot 'N Spicy Seasoning

Ingredients

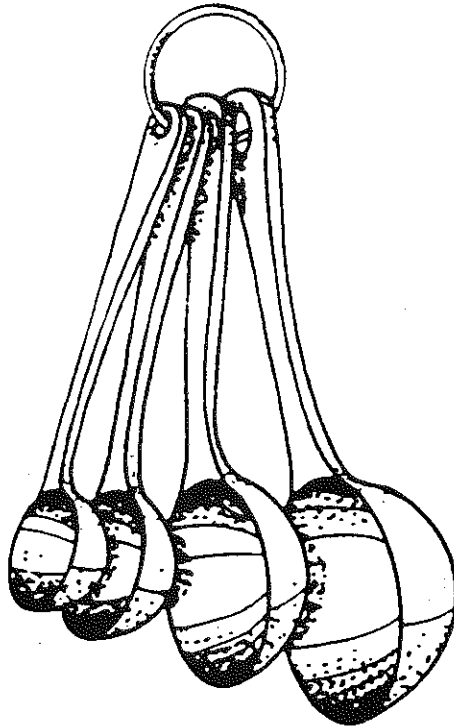
1/4 cup
2 Tablespoons
2 teaspoons
1 teaspoon
1 teaspoon
1/2 teaspoon
1/2 teaspoon

Paprika
Dried oregano (crushed)
Chili powder
Garlic powder
Black pepper
Red (cayenne) pepper
Dry mustard

Instructions

Mix together all ingredients. Store in airtight container.

Makes about 1/2 cup.



Cooking Terms

If you are a novice at reading recipes, you should learn some basic cooking and food preparation terms and their definitions. Here are some of the most commonly used terms.

- Poach:** To cook slowly in hot liquid on stove top, over low heat.
- Bake:** To cook in a covered or uncovered pan in an oven with dry heat.
- Roast:** To cook in an uncovered pan (without liquid added) in an oven or over a fire with dry heat.
- Barbecue:** To cook over a fire or oven burner with high heat.
- Boil:** To cook in bubbling liquid on stove top.
- Steam:** To cook over boiling liquid (sometimes under pressure) on stove top.
- Broil:** To cook close to a source of intense heat (under or over).
- Simmer:** To cook slowly in gently bubbling liquid, just below the boiling point.
- Fry:** To cook quickly while immersed in hot fat, over high heat.
- Saute:** To cook in a small amount of fat, over moderate heat.
- Stir-Fry:** To fry quickly in a lightly oiled pan (such as a wok) over high heat, while stirring continuously.
- Beat:** To mix ingredients thoroughly, using a hand or electric mixer or spoon.
- Whip:** To beat air very rapidly into a food to add volume.
- Stir:** To mix or move ingredients using a spoon until blended (to prevent burning during cooking).

Kitchen Measurements

Teaspoons

10 drops = dash
1/8 tsp. = a few grains
1 tsp. = 6 dashes
1 tsp. = 5 milliliters
3 tsp. = 1 Tbsp.
6 tsp. = 1 oz.

Tablespoons

1 Tbsp. = 1/2 fluid oz.
1 Tbsp. = 15 milliliters
2 Tbsp. = 1 fluid oz.
4 Tbsp. = 1/4 cup or 2 oz.
16 Tbsp. = 1 cup or 8 oz.

Cups

1/8 cup = 1 oz.
1/8 cup = 2 Tbsp.
3/8 cup = 6 Tbsp.
1/3 cup = 5 Tbsp. + 1 tsp.
1/2 cup = 8 Tbsp. or 4 oz.
1/2 cup = 1 tea cup
1 cup = 1/2 pint
1 cup = 240 milliliters
4 cups = 1 quart

Dry Volumes

2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
2 gallons = 1 peck
4 pecks = 1 bushel

Liquid Measures

1 1/2 ounce = 1 jigger
1 Tbsp. = 1/2 liquid oz.
1 cup = 8 oz.
1 pint = 16 oz.
1 quart = 32 oz.
1 quart = 64 Tbsp.

Margarine

1 lb. = 32 Tbsp.
1 lb. = 2 cups
1/4 lb. = 1 bar
1 bar = 4 oz. or 1/2 cup

Cheese

1 lb. American or cheddar type =
4 cups grated
1 lb. cottage cheese = 2 cups

Eggs

1/2 cup = 2 large
1/2 cup = 3 medium

One-Pound Equivalents

2 cups margarine
4 cups all-purpose flour
2 cups granulated sugar
3 1/2 c. powdered sugar
2 2/3 cups brown sugar
2 cups milk

Weight

1 oz = 28 grams
1 pound = 454 grams

